VOICES OF THE VALLEY

The Monthly Newsletter of Lord of the Valley Lutheran Church

"That You May Know, Live, and Share the Love of Christ."

October 2018 Volume 22, Number 10

We are starting a monthly Family Game Night at LOTV! It will be the 2nd Saturday of every month, from 6:30-8:30pm, starting on October 13th. We welcome everyone from the community and suggest that each family brings a snack to share and a game or two to play. We'll need a few people to help with the set-up and clean-up (information will be provided). Please see the signup sheet at the back of the sanctuary. Please feel free to invite friends and family to join us for an evening of fun and fellowship!

ALL ARE WELCOME

As a community of the people of God, the people of Lord of the Valley Lutheran Church are called to welcome all people, regardless of age, economic status, ethnic background, gender, physical or mental ability, race or sexual orientation. We affirm that in Christ *"there is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female."* - Galatians 3:28

Lord of the Valley Lutheran Church
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Email: lotvoffice@lordofthevalley.org website: lordofthevalley.org
Church Office Hours – Monday – Thursday 9:00 AM – 3:30 PM
Rev. Brian Bergum – Pastor (970-531-4312)
pastorb@lordofthevalley.org
Kris Kuhnel - Newsletter Editor / Office Administrator

Church Council Members:

John Price 970-409-9200	Tom Mark 303-949-7214
Susan Odneal 816-210-4792	Raymond Covington 970-846-9187
Chris Tinkum 725-3440	Suzanne Gerhart
Pat Edwards 970-406-8108	Greg Orzech 720-810-4966
Jane Fisher 970-302-9067	Alicia Scott 303-946-2180

The church council meets the second Monday of each month. All church council meetings throughout the year are open to anyone. If you have something that you would like to present in front of the church council, or an item of concern please contact one of the church council members listed above.

The next Church Council Meeting is on Sunday, October 8th at 6:30 pm.

Pastor's notes

In the Gospel readings in the last part of September and into October we hear Jesus' welcome and hospitality. He even paused and gave time to little children, embracing them and raising them up as examples of people who are drawn in close to God's reign. Of course it is our desire as a community of God's people to extend such a welcome to all who are part of worship on any given Sunday. Certainly we extend such a welcome with our announcement at the beginning of worship and the invitation to gather at Christ's table for a taste of grace and peace. And I know we have many who seek to engage new faces in conversation before and following worship. Welcome is one of the basic things we are about as children of God gathered in worship to praise and thank God for the grace that sustains us.

I will be offering a class for three weeks in early October on Lutheranism 101. This class is for those who may be curious about our Lutheran faith and life and where we come from. It is an introduction, not a deep emersion in church history, theology and Biblical Studies. It is also a time to bring your questions and insights.

We'll talk about grace and sacraments and Luther's Small Catechism. We'll talk about the Bible and connections with our worship and faith life. Come on the first three Wednesday evenings in October, from 7 to 8 and meet some of the people you worship with. You may hear something new, or be affirmed in an aspect of your faith that you have long appreciated.

I offer this class in part as preparation for people who come from a faith background other than Lutheran and who are interested in becoming members of Lord of the Valley. But not only such as these. We are planning to welcome new members on Sunday, October 21 during our worship service. Please let me know if you are interested, in becoming a member or parish partner and/or in participating in Lutheranism 101.

Looking For a Way to Deepen Your Worship Experience?

For many people, looking at the Bible readings before Sunday helps put the message in context of their lives. As you read the lessons, ask yourself: Is there anything in the readings that relate to your life right now? Is there anything that surprises you in the readings? Disturbs you? Try doing this for a couple of weeks, see if following this on a weekly basis strengthens your personal faith life, and deepens your worship experience.

The Lessons for Worship in October

These are the Bible readings that we will hear during our worship services this month. They are provided that you might use them for personal devotion and meditation.

October 7th – 20th Sunday after Pentecost
Genesis 2: 18-24
Hebrews 1: 1-4; 2: 5-12
Mark 10: 2-16

October 14th–21st Sunday after Pentecost
Amos 5: 6-7, 10-15
Hebrews 4: 12-16
Mark 10: 17-31

October 21st – 22nd Sunday after Pentecost
Isaiah 53: 4-12
Hebrews 5: 1-10
Mark 10: 35-45

October 28th – Reformation Sunday
Jeremiah 31: 31-34
Romans 3: 19-28
John 8: 31-36

Ministers of Worship in October

October 7
Greeters – John and Susan Price
Ushers –Jerry Stahl, Roger Odneal
Readers –Roger Odneal, Chris Tinkum
Communion Assistant –Carolyn S., Chris T., Susan O.
Acolyte –Jonah McKnight

October 14
G –Paul and Suzanne Gerhart
U –Steve Gall, Paul Gerhart
R – Pat Edwards, Marla Gall
CA – Suzanne Gerhart, Pat Edwards, Marla Gall
A – Mackenzie Rigdon

October 21
G- Raymond and Carmen Covington
U – Bob Means, Raymond Covington
R –Kathy Means, Chris Tinkum
CA –Chris Tinkum, Kathy Means, Carmen Covington
A – Mackenzie Moyer

October 28
G – Roger and Susan Odneal
U – Greg Orzech, Steve Peters
R –Susan Odneal, Roger Odneal
CA – Susan Odneal, Lori Orzech, Charlene Heins
A –Joey Gagnon

If you are unable to help be a worship minister on the particular day, please try and find a replacement to take your place or to switch days with you. Thank you for sharing in the ministry of Lord of the Valley.

Lions 9HealthFair

Saturday, October 6th
7:30 am – 11:00 am
Fraser Elementary School, 125 Eastom, Fraser

- Over 20 free and low-cost screenings including blood chemistry!
- Flu shots from Safeway Pharmacy
- 7 free screenings for children including vision testing!

To pre-register, check out tests/screenings and costs visit: 9HealthFair.org or call 1-800-332-3078.

9HealthFair sponsored by Fraser River Valley Lions Club

Monthly Blood Pressure Checks

Don't forget that we offer free blood pressure checks following our worship service once a month. The next free blood pressure check will be on Sunday, October 7th.

City Market Community Rewards

Thank you to our families who have signed up for the City Market Rewards program. If you haven't signed up go to: www.citymarket.com. Once there, click on City Market Community found under the Explore tab. On the next page click Enroll Now and sign in to your account or create an account. Once you sign in to your account you will have the opportunity to View all Organizations and select Lord of the Valley Lutheran Church. This is a quick and simple way to support Lord of the Valley Lutheran Church while doing your grocery shopping! A reminder, your enrollment in the Community Rewards will expire after one year. It is easy to re-enroll by signing into your account.

New Member Welcome

Lord of the Valley will welcome new members on October 21st. We are blessed to have some households expressing interest in joining our membership. If you or someone you know is interested in joining Lord of the Valley as a member or parish partner, please talk with Pastor Brian. A three session class, Lutheranism 101, will be offered in October on Wednesdays, 7:00 pm – 8:00 pm (first three Wednesdays). If you would like to help plan this welcome celebration, let Pastor know.

Alaska Photos from Pastor's Sabbatical

On Sunday, October 7th Pastor Brian will have a slideshow of his photos from Alaska running on the television during fellowship. He will be available to answer any questions you may have about his time in Alaska.

Confirmation Class

Confirmation Class for our 6th and 7th graders will meet on Sunday, October 14th and 28th from 11:30 am to 1:00 pm. This year we will be studying key Biblical stories and connecting them with our Lutheran theology and faith practices.

Sunday School

Our Children's Sunday School meets during worship. The children are excused for class after the Children's Sermon. We use the Sunday School Curriculum "Whirl". The children explore their faith through interactive activities, games, colorful leaflets, creative art projects and music. The lessons relate to the Bible readings from the worship service. We invite your children to be part of Sunday School this year. Cathy Childress, Sharon Waggoner and Shana Roehrs are our teachers. If you are interested in helping with our Sunday School program please contact the church office 887-9252.

Women's Bible Study

The Women's Bible Study sessions continue in October on Tuesday, October 2nd and 16that 11:00 am. All women of LOTV are invited for a time of sharing, study and support while enjoying a light lunch. For more information please call Pat Edwards at 970-406-8108, Carolyn Stahl 887-9352 or Mary Mulholland 303-898-6743.

Men's Ministry

On Wednesday mornings at 7:00 am we have a group of men who gather at Lord of the Valley for breakfast, conversation, prayer and study. This group welcomes men to join them whether for a week or two, a season or year round. They take turns providing breakfast for each other. Sometimes the conversations linger, but they understand if some need to leave earlier. They seek to offer an encouraging, supportive time together. Everyone is invited to participate.

Sunday Morning Fellowship

We would like to thank those who have generously hosted Sunday morning fellowship in the past few months. It is an important part of our ministry as it is a time to share in conversation and welcome guests. We have a few Sundays available in October and November for those interested in hosting Sunday morning fellowship. Please see the signup sheet at the back of the sanctuary as well as a list of responsibilities.

Home Devotions / Living Lutheran Magazine

Located on the table at the back of the sanctuary are home devotionals you are invited to take and use at home. They are free, and they are a simple way to spend a few minutes each day focusing on your relationship with God. Also, at the table you will find information relating to our ministry at LOTV and the October issue of the Living Lutheran Magazine. Feel free to take what you might find useful.

Lord of the Valley's
Health and Wellness Ministry

Down syndrome

Down syndrome occurs when an individual has three copies of the 21st chromosome, rather than two. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.

Down syndrome is the most commonly occurring chromosomal condition. One in every 691 babies in the United States is born with Down syndrome. There are more than 400,000 people living with Down syndrome in the United States. Down syndrome occurs in people of all races and economic levels. The incidence of births of children with Down syndrome increases with the age of the mother, but due to higher fertility rates in younger women, 80 percent of children with Down syndrome are born to women under 35 years.

People with Down syndrome have an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, Alzheimer's disease, childhood leukemia, and thyroid conditions. Many of these conditions are now treatable, so most people with Down syndrome lead healthy lives. A few common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the eyes, and deep crease across the center palm. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees, or not at all.

Life expectancy for people with Down syndrome has increased drastically in recent decades from 23 in 1983 to 60 today.

People with Down syndrome attend school, work, participate in decisions that affect them, and contribute to society in many ways. All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses. Quality educational programs, a stimulating home environment, good health care, and positive family, friends and the community enables people with Down syndrome to realize their life aspirations and lead fulfilling lives.

Information is from Down syndrome Association.

Mission Nicaragua Team

In the Mission Nicaragua Leadership Team meeting on September 20th it was decided to pursue taking a medical Mission Team to Nicaragua, joining Praying Pelicans Mission. More information to come as details are defined. Trip dates are June 20th (departing) to June 30th (returning). Praying Pelicans Missions will take care of logistics for example transportation, lodging, meals, etc. Cost of the trip is $1600. Applications will be available on the LOTV website on the Mission Nicaragua page and hard copy in the Fellowship Room.

Mission Nicaragua Fair Trade Coffee Sales

Fair Trade Coffee and Chocolate available for purchase on October 14th and 28th in the Fellowship Room following church services. Your purchase supports our Mission Team to purchase supplies.

Church of the Eternal Hills Annual soup Supper

Enjoy homemade soups, chilis, breads and desserts. Tuesday, October 9th from 5:00 pm – 7:00 pm at Church of the Eternal Hills in Tabernash. All proceeds benefit Eternal Hills Christian Preschool. Cost: Donation (what you'd spend on dinner at a restaurant). Pro tip: Bring a muffin tin and sample dozens of soups! Questions? Contact Krissy at 970-887-3333.

Join Bishop Gonia in a gathering of members from our Mountainside of West Metro Conference in Glenwood Springs on Saturday, October 6. The Better Together Summit will focus on money and faith and our personal and collective experience with it. Each congregation in our conference is encourage to bring 3 to 6 people to gather for conversation around this sometimes awkward topic of money and faith. Those attending are asked to do a little preparation prior to the summit. Pastor Brian and Greg Orzech will be attending and there is room for others to join them. You can learn more about this summit and register at rmselca.org. Visit with Pastor Brian if you are interested.

Appreciating God's World

Many members of our congregation have had the opportunity to travel to many parts of the United States and the world. We are continuing a program where members of the congregation share their travel experiences with other LOTV members and the community. The 30-40 minute presentations will be at 2:30 pm on the third Friday of the month. Afterwards, there will be time for questions. Attendees / presenters may bring appetizers to share. ***Our first presentation will be on October 19th. Tom and Jewel Weg will share their experience in Ecuador.*** *Please contact Jerry and Edna Anderson with any questions, 970-887-9773.*

Second Sunday Special Offering

With the help of our children we invite members and friends to bring nonperishable food items to church on the Second Sunday each month to support the food pantry at Mountain Family Center. We will have a collection point in the back of the sanctuary and our children will be invited to bring these items forward when the ushers present our financial offering during worship.

Enjoy the Convenience of Electronic Giving

We want to remind you that we offer electronic giving as a way to automate your regular weekly offering. Electronic giving offers convenience for our members and provides donation consistency for our congregation. Direct Debit Giving is used to automatically transfer funds from your checking or savings account to the church's bank account. As you contemplate future contributions, please consider electronic giving. Authorization forms are available at the back of the sanctuary. Please call the church office for more information, 887-9252.